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the newham mag

issue 272 // 12 - 26 April 2013



Royal variety performance

Vincent Hayes
gets a gong (p12)

are you
my forever
family?

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what would you say?

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Once again we are focusing on the legacy of the 2012 Games.

In the last issue we celebrated the landmark news that a deal had been struck for the Olympic Stadium. In this issue we see boxing legend Barry McGuigan bring his academy to Newham

(p16). Later in the Mayor's pages Canning Town's own gold medal Olympian Terry Spence MBE is remembered (p8).

If you want to bring residents together you can find out about this year's Let's Get The Party Started grants (p18).

Also in this issue, we roll out the barrel with Vincent Hayes of the Brick Lane Music Hall (p12) and find out about the MBE.

Cllr Rev. Quintin Poppo
Executive Member for Children
and Young People

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Get this year's party started



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IN BRIEF //

Have your say on fire safety plans

The London Fire and Emergency Planning Authority (LFEPA) is consulting on the Draft Fifth London Safety Plan, which includes the proposed closure of Silvertown fire station. The consultation runs until 25 May.

As part of the consultation process a public meeting has been arranged for Newham residents on Wednesday, 8 May, 7pm-9pm at Newham Town Hall, Barking Road, ES.

To find out more on the plan go to www.london-fire.gov.uk/L5P6.asp

Centre sells a success

Volunteers at Changeable Lane Resource Centre are celebrating following the success of their first table top sale.

Despite the efforts of petty thieves, who shamelessly stole a banner advertising the event, almost 20 stalls raised £165 for the centre in Plaistow. The money will be used to fund activities for older people.

The banner, which was stolen last month, was replaced by Councillor Neil Wilson, executive member for equalities and social inclusion.

The table top sale is a regular event at the Resource Centre. The next sale takes on 4 May. Tables cost £5. For more information call 020 3373 2211.

Tea for St George

If you're over 50, celebrate St George's Day in style at the Old Town Hall, Broadway, Stratford.

On 23 April from 1.30-4.30pm enjoy a special St George's Day tea and dance. Admission, which is £3, includes light refreshments and a free raffle.

>>> Number's up for car crooks

Newham residents are being urged to report vehicles that change registration numbers in their neighbourhood.

Car cloning involves thieves stealing the registration number from an identical vehicle to the one they intend to use, so that they can commit crimes.

Councillor Umash Desai, executive member for crime and anti-social behaviour, said: "It might seem like a small crime, but if it happens to you it could mean the inconvenience and cost of getting your number plate replaced. You may have to spend years ending off fines and prosecutions for crimes that you did not commit."

"If you are involved in an accident with someone with cloned plates it can be difficult for you to track them, get a prosecution or insurance. At the end of the day we all end up paying more on our insurance and for petrol."

"Residents can do their bit by reporting cars in their street if the number plate changes. We are doing everything they can to catch these offenders but this is a crime that we can best crack by working together."

To report a vehicle to Metropolitan Police dial **101** or go online to the council enforcement team's unused vehicles unit at www.newham.gov.uk/closedcars



Government warned over private landlords

Voluntary schemes for private landlords do not work: the Government has been warned.

Mayor Sir Robin Wales told the Communities and Local Government Select Committee that light touch regulation will not solve chronic housing problems. Newham is the first council in the country to implement a pioneering scheme to license all private properties. About 15,000 landlords have so far signed up to the mandatory scheme, submitting around 26,500 applications for properties. Before this scheme was introduced, the council ran a successful pilot scheme in Little Ilford ward. Landlords who have not licensed their properties face a possible fine of up to £20,000 per property.

Sir Robin said: "Our mandatory scheme shows that Newham is leading the country when it comes to tackling bad landlords who flout the law."

"We will never accept tenants being directly exploited by landlords who force them to live in dangerous and unacceptable conditions. All the evidence is that voluntary accreditation simply does not work."

For more information visit www.newham.gov.uk/propertylicensing



News

Tell us about CCTV on your estate

Council residents who live in high rise blocks with a concierge are being urged to take part in a consultation about CCTV.

The council wants to expand the CCTV network and develop a centralised security service. If the proposals are approved they will be a blueprint for security and CCTV services on all our estates.

CCTV cameras on estates allow us to monitor and target known hotspots and tackle incidents quickly and efficiently.

The new arrangements, would include:

- 24/7 centrally monitored CCTV cameras
- emergency call points to the central security control room in every council-owned high rise block
- increased emergency security
- an expanded cleaning service
- savings for inset residents

Complete the survey at

www.newham.gov.uk/housingsecurity
or email securityreview@newham.gov.uk



Newham demands action on bookies

Newham Council has demanded the Gambling Commission carries out a "full and comprehensive investigation" into the clustering of betting shops in Newham.

The council is calling on the Commission to investigate betting shops and support its stance so that the borough's high streets are not swamped with bookmakers.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "We believe the clustering of betting shops is because the primary profits for betting operators is now from gaming machines. It is running down our high streets, causing anti-social behaviour and exploiting vulnerable people."

"There is clearly a problem and we have a regulator tasked with overseeing the industry. If the Gambling Commission is unable to carry out such an investigation, we want to know the reasons why."

Spring has sprung for everyone

The clocks have gone forward but there's still time to enjoy Newham's season of spring festivals.

Hundreds of residents have already joined in the fun at Kingsford Community School in Beckton and Victoria Primary School in East Ham with a range of free activities that included sports, health advice, music and dancing.

They were both part of Newham's nine community forum area events, which will host free community activities.

The next events will be:

Manor Park, Saturday 20 April, 12noon-4pm, Kingsford Primary School, Kingsford Avenue, E12

Custom House and Canning Town, Saturday 27 April, 8t Luke's School, Taring Road, E16

Green Street, Saturday 4 May, 12noon-4pm, Sandringham Primary School, Sandringham Road, E7

To find out more visit www.newham.gov.uk/springfestivals



Past Olympic heroes will inspire next generation



We now have certainty about the future of the Olympic Stadium so we can inspire the future generations who are going to use it. But it is also important that we do not forget past heroes.

Terry Spinks was an East End boxing idol whose successful career was highlighted by his gold medal at the 1960 Summer Olympics in Melbourne. He received an MBE in 2002 for services to boxing and charity work and died a year ago this month at the age of 74.

Terry was a great ambassador for his sport, for charity and for Gillingham, where he was reared.

We are creating a fitting and

lasting memorial to him with Terry Spinks Place, a new community space in the regeneration area close to his former home that will open later this year. I hope it will inspire future generations of young people into sport.

I was also saddened by the recent death of Jean Pickering MBE.

Former athlete Jean, originally from Forest Gate, won a relay bronze medal at the 1962 Olympics in Helsinki under her maiden name of Desforges.



Jean later married BBC sports commentator Ron Pickering and created a fund to raise money for talented athletes. We salute both her and Terry Spinks.

Spring into action for 2013



It looks as if spring is finally here. Fortunately, the Beckton Spring Festival was held inside at Kingford School so everyone who joined in the fun was certainly warm for the latest of our nine Active Community Team events.

It was a great start to our community events programme with everyone from Sea Cadets and cake decorators

to singers and dancers getting involved. I enjoyed meeting local residents who are members of the British Deaf Association who taught us a few phrases in sign language.

Our festivals are great fun but if you have an idea for an event of your own turn to page 10, and find out about our Let's Get The Party Started grants.



Mayor's view

New chapter for our libraries

With the rise of e-books and the internet, some people say that libraries have had their day. I disagree and I'm delighted that, at a time when some councils are cutting their library services, we are modernising ours to make them more relevant.

Times change and we as customers demand more from our services. Libraries have to move with the times too and the latest to be brought into the 21st Century is Manor Park Library. Staff showed me round a host of

brilliant services such as free internet access, computer courses and information points where you can carry out a whole range of self-service transactions with the council. The new building in Romford Road is also a great learning resource for the community.

A list of all your local library activities can be found in the What's On section on page 26.



Viewing the new facilities at Manor Park Library

Back to school to face the cameras!

Interviews for elected politicians can prove to be a minefield, as I am sure the Mayor of London will admit following his recent well-publicised

gaffing by a television journalist.

My inquiries from Forest Gate Community School were determined to leave no stone unturned for their interview with me as part of the excellent BBC School Report project.

They asked some great questions about my experiences as Mayor during the 2012 Games and the sort of things that inspire me.

Doing these kinds of events is a real perk of the job. It's a chance to show to young people what drives politicians to deliver the best services for residents. Sometimes it's tough to get that point out there in the current media climate, so it's good to get the chance to connect directly with our youngsters.

I met some star pupils and there may well be a future Jeremy Pearson or Eddie Mer among them. It is a privilege to be elected to a position where I can help to make life easier and better for all of us and moments like this are always very special.



with Sir Robin Wales



St George's Day Tea Dance

Put on your dancing shoes and join our tea dance programme to get active and have fun!

Date: Tuesday 23 April 2013

Time: 1.30 – 4.30pm

Venue: Old Town Hall, Stratford, E15

Cash: £3 per person, which includes a free raffle and light refreshments

For more information please call: 020 3573 2679 or visit www.newham.gov.uk/party

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- **Next Steps to Health and Social Care Level 1 (Evening)**

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- **Cutting and Styling Men's Hair (Evening)**
- **Cutting Men's Hair (Evening)**
- **Colouring and Styling Women's Hair (Evening)**

HOSPITALITY AND CATERING

- **Next Steps to Hospitality Level 1 (Evening)**

RETAIL SERVICES

- **Next Steps to Retail Level 1 (Day)**
- **Next Steps to Retail Level 2 (Day)**

SPORTS AND FITNESS

- **Physical Training (Day)**

Newham College is a member of the London Skills Partnership, a partnership of London's colleges, which aims to help students to develop the skills and experience they need to succeed in the workplace. For more information, visit www.london-skills-partnership.co.uk

Children welcome to all courses

FOR MORE INFORMATION ON THESE COURSES AND MANY MORE SUCH AS WAXING TECHNIQUES, MICRO-DEPIKATION AND AIR BRUSH MAKE UP**

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- **enquiries@newhamcollege.com**

- **www.newham.gov.uk**
- **Newham College**
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High Street South
London E16 5ES



BELIEVE IT, ACHIEVE IT!



Boxing gets a boost at Beckton

The Barry McGuigan Boxing Academy is coming to Beckton Community Centre on Saturday 27 April as part of the Take 12 Challenge.

Boxing legend Barry McGuigan is challenging 12,000 people living close to Queen Elizabeth Olympic Park to get fighting fit as London 2012's sporting legacy becomes a reality.



Barry said: "The Barry McGuigan Boxing Academy is totally committed and determined to build upon the Olympic legacy to create a sustainable future for all our citizens through sport. This project encapsulates the underlying ethos of our Academy, which is, to use sport to inspire and motivate people of all ages and to send a clear message that sport is for everyone. So jump on board towards a healthier, happy life."



The session at Beckton Community Centre, East Ham Manor Way, E6, lasts for two and a half hours and covers pad work, bodyweight training, foot work and healthy eating. Each session can have up to 45 participants.

The Take 12 Challenge will support 12,000 people across the Olympic host boroughs to do 12 hours of sport or physical activity or cover 12km in distance. So far more than 6,000 people have signed up to the Challenge.



Barry explained: "Boxing is a full body work out, you can tone up, improve your fitness and lose weight. It also improves agility and concentration. The sessions are non contact, people will work out wearing gloves and using pads and punch bags to train. There's no sparring and no one is going to get hit."

"For people who don't do any exercise it can seem like a mammoth task to get started but we teach simple exercises you can do at home, and through the seven-day real food challenge provide practical advice for eating well. The Take 12 Challenge is about long term change."

Sessions are FREE and open to all ages you must pre book. Call 0664 414 2726 or email dan.hoopert@actynnewham.org.uk

Get this year's party started

If you feel that your neighbourhood needs a street party, a sporting event, or a food tasting day you can make it happen with a little help from this year's Let's Get the Party Started (LGtPS) grants.



Start planning your event

2012 was an amazing and historic year for Newham. With the council's support almost 190,000 residents attended some 1,041 community events and activities across the borough. These events ranged from street parties to celebrate the Queen's Diamond Jubilee, to 2012 Games themed fun days.

Thanks to last year's LGPS grants so many people had such a great time that Newham Council is bringing them back for another year. We are encouraging all our residents to restart the party during 2013.

LGPS is here to help you organise your own events and bring residents together to form lasting bonds and networks. You could organise an event to promote pride in your street or neighbourhood, or launch a community garden or volunteering in your area. You could also arrange a food festival to share flavours from around the world, or maybe a sports or a music event. The type of event you organise is up to you. As long as it is open to everyone in the community we can help make it happen.

LGPS grants fund one-off events. If you are organising an ongoing programme of activity, such as a tennis club or a weekly lunchtime club, you may be eligible for a Go For It grant. Email communitygrants@newham.gov.uk to find out more.

LGPS grants of up to £250 (or up to £500 in exceptional circumstances) are available now.

This is what some of the people who held events last year had to say about LGPS:

Denise Szaboova – Las Leonas

"I first heard about Let's Get the Party Started in the Newham Mag. I thought that it sounded like a good idea and decided to organise a football tournament for the Olympics. It was quite easy to fill in the form – it came with a booklet, and that helped.

It was a successful day. About 20 girls turned up and everyone enjoyed the mini tournament. The grant money helped with football equipment and was handy for paying for a professional referee.

We are still active and play football on Tuesdays. Some of the people who came to the event still attend so that is good. I will definitely think about applying again this year."

Annabelle De Freitas – Cotswold Gardens Committee

"We had already held an event for the royal wedding so thought we'd hold another for the Diamond Jubilee.

We leafleted the street and got together donations. Then we applied to Newham for a Let's Get the Party Started grant. It was not that hard, pretty simple in fact. We would have gone ahead anyway, but the grant helped cover things like the public liability insurance and expenses.

The event went really well. More than 500 people came and we are looking forward to doing it again this year."

Who can apply?

- ▶ You must be aged 16 or over
- ▶ Your event must be held in Newham
- ▶ Only one grant can be approved per event
- ▶ Your organisation or group can apply for up to two grants each calendar year
- ▶ Your event must be open to the whole community and help to bring people from different backgrounds together
- ▶ Your event must benefit the residents of Newham
- ▶ You should apply at least eight weeks before your event takes place
- ▶ If funded you will be expected to provide receipts of your event's expenditure, monitoring and feedback forms

How to apply

- ▶ Visit www.newham.gov.uk/party and fill in an online form
- ▶ Email communitygrants@newham.gov.uk to request an application form or ask for more information



Bekim, Lili Leonas
Bekim, Cotswold Gardens



TOP of the BILL
**STEVE
GALLER**
With his Golden Banjo

**JULIA
SUTTON**

**"OH, WHAT
A BEAUTY"
PETER
JOHN**

YOUR CHAIRMAN

**VINCENT
HAYES**

Royal variety show

In 1992, Vincent Hayes created Brick Lane Music Hall - the result of a dream to keep music hall alive in the country. It is now performing to packed audiences in Silvertown. Vincent recalls these magical 21 years, including the move to Newham and receiving an MBE in the 2013 New Year honours.

How did Brick Lane Music Hall arrive in Newham?

We didn't get on with the landlord where we were before. I worked with English Heritage to find somewhere that would allow us to build a theatre and save a building at the same time. Newham Council were really supportive. They said 'we know all about you, we'll love to have you in Newham, we just need to find a

building.' Now here we are at the old St Luke's Church, which is owned by the council.

It was daunting and I was nervous about taking it on, but I realised it was an area that was up and coming. It cost me everything I had, and at first we didn't have much success. But it just took time for people to find us and we turned the corner. Now we have six shows a week



What makes music hall so special?

Music hall is as relevant today as it was yesterday. As long as the audience knows the melody of the song, it is music hall. We do music from the 60s, we do music that is current, we do topical humour. Even if you take an old song like *My Old Man*, instinctively everyone seems to know it.

Music hall can bring people together to create a better society. It is about getting

people from different backgrounds to recognise laughter and music as common denominators.

Who is the greatest person you have worked with?

I learned the most from Danny La Rue. He loved show business and he loved the audience. Paul O'Grady has been a good mate for years. Barbara Windsor got

into *Entertainers* because of me and she acknowledges that in her book. I learned a lot from her too.

How did you feel about receiving an MBE?

It was a complete surprise. The first I knew of it was when I received a letter from the Cabinet Office. I thought they wanted me to put on a show. I asked my wife to open the letter. I couldn't believe it and I asked her to read it again.

It was my first time going to Buckingham Palace. My wife and my two daughters came with me. I have invited Prince Charles to Black Lane Music Hall to watch a show.

How do you get young people interested in music hall?

We work with a lot of schools in Newham, such as Tollgate, Ravenscroft and Selwyn primary schools. Classrooms are made up of so many children with different backgrounds. Music and dancing is the glue that brings us all together.

Do you still get stage fright?

No. I've worked hard to get where I am now. If I don't know my craft after all these years then there is something sadly lacking in me not to have honed out the creases.

I've had waves of weakness – singing was one of them, I went to practise once a week for years. I still get nervous, but that is more from a desire to do well rather than being nervous about what I am doing.

Exclusive offer

Enjoy an evening of entertainment with Black Lane Music Hall and get £5 off your tickets when you mention the *Newham Mag*.

Vincent's Variety Showcase, starring Roy Hudd, runs 2 to 11 July. Matinees with afternoon tea are on 9 to 13 July and on 6 July there is a three-course candle-lit dinner.

To book your ticket visit www.blacklanemusichall.co.uk or call the box office on 020 7511 6635. Booking subject to availability.

Many people find littering unacceptable and want to do something about it. Although the majority of people do not drop litter, there are things that we can all do to help keep our streets tidy. The first thing is to not drop litter in the first place.

Streets in Newham are swept daily, but if you find rubbish on your road report it online at My.newham.gov.uk

Anyone that drops litter in a public place is committing a crime and can be fined between £50 and £300. Failure to pay and a magistrate's court can impose a fine of up to £2,500.

Our enforcement officers are equipped with cameras to help us catch litterbugs and other petty criminals. Help keep our streets clean by letting us know who the people featured on this page are.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.



Ref: MR7479



Ref: MR7487



Ref: MR8882



Ref: MR7483



Ref: MR8892



Ref: MR9221



Ref: MR3042



Ref: MR7955

Please call
020 3373 4479
and quote
the reference
number by the
picture.

CAUGHT ON CAMERA

Guide to welfare reform

The Government is making a range of changes to welfare and benefits, some of which may have a major financial impact on Newham residents. Here is a guide to some of the most significant changes.

Bedroom Tax

New rules mean that a tenant may have their Housing Benefit reduced if the Government judges them to have more bedrooms than they need. This has become known as the Bedroom Tax. The council has written to every council housing tenant who it believes may be affected.

If you want to consider moving into a smaller property or are concerned about how this change may affect you, visit www.newham.gov.uk/welfarereform

Council Tax Reduction

The Government has abolished the existing Council Tax Benefit (CTB) scheme and asked councils to replace it with their own local scheme. In Newham, this is called Council Tax Reduction (CTR).

All working age residents (18 and over) who previously received 100 per cent CTB, will have to pay a minimum of 20 per cent of their Council Tax bill. People who have reached pension age are not affected.

Anyone already receiving CTB has been assessed under the new CTR scheme. Anyone liable for Council Tax can apply for CTR.

You should have received your Council Tax statement, which details any changes. For more information visit www.newham.gov.uk/counciltax

Benefit Cap

From 15 July the Government will begin introducing a national Benefit Cap for certain working age households. They are yet to confirm when the cap will affect Newham households.

The Benefit Cap is a limit on the amount of benefit you can receive. When someone adds up their benefit income, including Housing Benefit (HB), they will not be able to receive more than:

- > £350 per week if they are single with no children
- > £500 per week if they are a couple or a lone parent.

You will not be affected if you, or your partner, are:

- > of State Pension age
- > entitled to Working Tax Credit, the support component of Employment and Support Allowance, Disability Living Allowance, Personal Independence Payment, Attendance Allowance, Widows' or Widowers' Pension, Industrial Injuries Benefit
- > responsible for a child under 16 who lives with you and who is entitled to Disability Living Allowance.

The Department for Work and Pensions will contact you if you are likely to be affected.

For information on all the changes, including further advice on benefits, visit www.newham.gov.uk/welfarereform

Bedroom Tax

Council Tax Reduction

Benefit Cap

Changes to welfare and benefits



Newham in pictures



1 The old reverse perihelion beckons a game of ping pong to life at the Beckton Spring Festival 2 Mayor Sir Robin Wicks gets the Question Time treatment from Forest Gate Community School 3 On top of the world Colagrave Primary School visits the ArcelorMittal Orbit 4 On Mother Kelly's Doorstep with Vincent Hayes 5 Dance feet beat the rhythm as one of the world's oldest dance traditions shows its moves at the Beckton Spring Festival



Thinking across the spectrum

World Autism Awareness Day was celebrated in Newham as people with autism, their families and carers came together to share their stories, talents and experiences.

Autism affects people differently, including how someone communicates with or relates to other people and the world around them. It is a spectrum condition which means that, while all people with autism share certain areas of difficulty, their condition will affect them in different ways.

Because people with autism struggle to understand the world they sometimes impose a fixed routine onto their lives. Breaking that routine can be very stressful for them. On the other hand, many people with autism have intense special interests

- like art, music or maths - many of which were showcased at the World Autism Awareness Day event.

Opening the day, Councillor Gabe Furness, executive member for health, said: "We are 100 per cent committed to making services better. That's why we want to hear about people's experiences."

"If people with autism tell us what works and what doesn't work for them we will listen and make the services better."

Forest Gate author Dulcie Hall spoke candidly about how autism had affected her. She was born with Asperger's

syndrome, which is a form of autism. People affected by Asperger's syndrome may find it difficult to understand the intentions of others and take language very literally.

Dulcie said: "When I was born in 1940, Asperger's wasn't known. The first paper on it was published at the end of the War. I was never diagnosed and my parents never received any help."

"My greatest difficulty is relating to other people because I can't pick up hints, body language or non-verbal signs. I can hold a conversation but



I tend not to see when somebody is implying something rather than saying it. I repeat something exactly as I've heard it and this sometimes gets me a bit of a reputation as a troublemaker, which I don't think I deserve."

How society reacts to autism is also an issue. Dulcie explained: "I was targeted by bullies, both at school and in the work place, which made life very difficult for me."

Thankfully, things have changed. Patrick May, 25, of Plover said: "I was diagnosed aged 11 and received one-to-one support throughout secondary school. During lunch breaks I was also able to go to the museum area, which was a quiet place with not too many people. That helped me stay calm during school."

"My children and I have developed unique skills, quirksinesses if you like, that make us very strong characters, strong individuals."

Sean Hurley is Newham's branch officer for the National Autistic Society

He and his family are all autistic. He said: "The word autism has come into people's vocabulary. The next task is understanding just how broad the spectrum is so that society can accept people with autism."

"Autism can mean different things to different people. For each individual person on the spectrum the experience will be different, although there will be similar traits that run through almost every diagnosis."

"My children and I have developed unique skills, quirksinesses if you like, that make us very strong characters and strong individuals."

"Local services have improved and I think that the fact that an autism plan is being developed is really encouraging."

How autism can affect people
People with autism can

- > have difficulty with verbal and non-verbal language and tend to take language very literally. Often they fail to understand common phrases such as 'being cool'

- > have trouble interpreting facial expressions, tone of voice or jokes
- > find it difficult to understand other people's emotions and feelings, and express their own
- > have difficulty understanding social conventions. This can lead to them being perceived as behaving inappropriately. As a result, people with autism are often socially excluded or choose to spend time on their own
- > be hypersensitive or under-sensitive to sound, touch, light, smells or tastes. For instance, background noise can severely disrupt concentration. Someone with autism may not be able to feel extremes of temperatures.

For further information about shopping autism services, or volunteering with the National Autistic Society in Newham, email Gerry.Okeola@newham.gov.uk or call 020 3373 1275.

Abbey Gardens spring event

Abbey Gardens, located in the heart of Newham, is a beautiful park which welcomes all visitors. Every year, a number of exciting activities take place at the park. Enjoy the beauty of the new landscaped design of the park, see the new plant and flower displays, and speak to professional gardeners about how to make your garden thrive.



There are lots of free fun activities for you to get stuck into. **Come along on Saturday 30 April, from 2-5pm at Abbey Gardens, Bakewell Row, E15.** Refreshments available. For more information call 07725 946 599 or email enwan.gullelehan@gmail.com

A magical tea party

Begin your wonderland adventure at a free, exciting tea party in Standard.

Unleash your inner child at the Alice in Wonderland themed tea party and join in with fancy dress. You could dress up as the Mad Hatter, the White Rabbit, the Queen of Hearts or even as a giant cupcake – the wackier the better.

There'll be tasty treats and refreshments for you to indulge including jam tarts, cakes, cookies, sandwiches and more. You can also hop along to the tea tasting station and try something new, paint the roses and try your luck at the guessing game.

All are welcome on **Friday 19 April from 4.30pm at Play, Sear and Grow, 6 Gay Road, E15.** The event has been supported by a Newham Council Let's Get the Party Started grant.

For more information email edmpartyguy@hotmail.com or call 020 8622 7337.



Community garden launch



Bonny Downs Community Association will be celebrating the grand opening of their new community garden on Saturday 20 April.

Community project Grow Together Be Together is a free community food growing space in Rlanders Road Playing Fields, E6. The group want more people to get involved in their project, learn new skills and play a part in the community.

Whether you're a school, youth group, local resident or professional gardener, all are welcome to the free event. There will be firm animals, free organic eggs and refreshments on the day.

Come along and find out more on Saturday 20 April, from 12noon-6pm at Rlanders Road Playing Fields, Melbourn Road, E6.

If you can't make the event but still want to get involved or find out more email Gt.flu@bonnydowns.org or call 020 6565 7070.

Stay well for over 50s

Stay Well Healthy Living, following 17% living a more active and healthy lifestyle around the borough for residents aged over 50.

Stay Well is an organisation which aims to get older people in Newham to be more active. They organise training courses and events to enhance social, emotional and physical health for older people.

They also provide training workshops and courses which help to live a healthier lifestyle. Most sessions are free and include drinks, music, games and refreshments for everyone.

To find out more or for a full list of activities visit www.east-thames.co.uk/healthy-living or email blindens.able@east-thames.co.uk

Free writing course

Stratford Library, E15, is hosting a free ten week creative writing course for residents aged over 16.

Starting from Monday 22 April, explore your creativity, develop your literary skills and discover the joys of writing for pleasure. You can also learn new styles of writing including poetry, play writing, novels and short stories.

To put your passion on paper, head to Stratford Library, The Grove, E15, every Monday until 24 June from 6-8pm.

For more information call 020 8321 0735.



Learn first aid

If you would like to learn the skill of first aid, give something back to your community by joining St John Ambulance Newham.

St John Ambulance is a charity made up of volunteers. As well as providing first aid support at events across the country, the group teach the community how to perform first aid on people who are injured and in need of help.

To find out more come along to East London Gymnastic Club, Triumph Road, E6, every Tuesday from 7.45-8.55pm, email robert.sawell@prudential.co.uk or call 07825 399 464.

The charity is looking for passionate, committed and dedicated volunteers. Full training and uniforms are provided. You will need to attend a weekly meeting at least once a month to keep up to date.

Care at the Cazaubon Unit

After developing a urinary tract infection, William Spioor from Manor Park found it difficult to cope at home and became undernourished and confused. Following his admission to Newham University Hospital he was transferred to the Cazaubon Unit in the East Ham Care Centre, who helped him get better and back on his feet.



The Cazaubon Unit in Shrewsbury Road, Forest Gate, is run by East London NHS Foundation Trust and provides a range of services to keep people independent and support carers.

The team reassesses individuals who have not been coping at home, investigates the reasons for this and provides extensive rehabilitation to improve their safety, independence, and build up their personal confidence.

William, a former forklift driver, describes himself as "a new man" following his time in the Cazaubon Unit. He said: "Everyone has been so kind and helpful. I've been doing exercises, practising walking and getting stuck into

activities again. They have literally got me back on my feet again."

The Cazaubon Unit also provides respite care for carers who need a short break from looking after their loved one. There are also two inpatient beds for the Virtual Ward service, which provides 24 hour care outside a traditional hospital setting, and a Day Hospital which provides assessment and rehabilitation from Monday to Friday.

As well as providing intermediate care, there are two other wards at the centre that provide continuing care for older people with complex physical and mental health needs.

Deni Carr, manager at the Cazaubon

Unit, is proud of the work of the team. She said: "When people come to us they are often in a poor state. We are like detectives and try to get to the bottom of why their health and mobility have deteriorated. In many cases, simply improving nutrition providing mental stimulation, physiotherapy and social contact can transform an individual so that they are at their best when they return home. Humour and kindness are also key ingredients."

Dr Robert Dolan, chief executive of East London NHS Foundation Trust said: "We are delighted to work in partnership with Newham Clinical Commissioning Group to improve the quality of care and support provided to patients and carers."

Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

SAVE A LIFE

Plaehet School girls **Nusrin Akhtar** and **Azraa Tahirine Khatroul** from East Ham, put heart health first by completing a free training course with the British Heart Foundation (BHF). They want more people to learn **Emergency Life Saving** skills.

"Did you know that each year cardiovascular diseases cause around 180 000 deaths in the UK? A simple two hour session like the Heartstart Training could help to save hundreds, even thousands of lives. Performing hands only CPR on a person could more than double the chances of them surviving."

**"These are essential skills and
could potentially save a life"**

"The BHF offer free Heartstart Training which teaches people what to do in life-threatening situations and the simple skills that could be the difference between life and death."

"Newham has one of the highest rates of heart diseases in the country and so it is important that we know what to do if someone has a heart attack, faints, or even in a situation where someone is severely bleeding."

"We completed the training course along with members of Newham's Youth Council and Newham Sixth Form College (NewVic) students. We now understand the importance of CPR and know what to do in case of an emergency. We believe that more people should be made aware of the training on offer."

"These are essential skills that could potentially save a life. Make a difference and join the 2.6 million people who have already done Heartstart Training."



Nusrin Akhtar and Azraa Tahirine Khatroul

For more information on the BHF and Heartstart
Training visit www.bhf.org.uk/heartstart

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.meg@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

GALLERY



Randagh Harnett, 6



Raghan Peareally, 11



Ramsha, 5



Adithyan Divakaran, 5

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kid's Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2DU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword



Across

1. Spicy red sauce (7)
2. Eighth planet from the sun (7)
3. See 11 Across
7. Star around which the earth orbits (3)
8. Possesses (4)
11. And 5 Across. Pop girl group featuring Cheryl Cole, Kimberley Walsh and Nadine Coyle (5,5)
12. Country which used to be known as Burma (7)

Down

1. Australian jumper (8)
2. Tropical storm (7)
3. Hunting dogs (6)
4. Gift (7)
9. Physically powerful (8)
10. Normal (5)
11. Chips (6)

Poem

Birthday treat

It is my birthday,
I'm getting a special treat,
Is it something cool?
Is it something sweet?
It is my birthday,

I'm waiting for my surprise,
I really really hope they'll be,
twinkles in my eyes,
It's my birthday,
It's going to be fun,
I think my gift might be,
shiny like the sun.

It's my birthday,
What have my parents got me?
I really don't know what it is,
I'm going to have to wait
and see!

Courtney McConnell, 11

WHAT'S ON? FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to www.newham.gov.uk/whatson

12 - 26 APRIL

OUR THRILLING THREE...

1

World Book Night - Manor Park, Stratford, Canning Town and Beckton libraries events. Receive a free book on Tuesday 20 April, 4-5pm. Call 020 3373 0677 to book your place.

2

St George's Day Tea Dance - Tuesday 23 April 1.30-4.30pm, Old Town Hall, E15, £3 admission, includes light refreshments and a raffle. Call 020 3373 2579.

3

St Bonaventure's Spring Concert - Thursday 25 April 6.30-8.30pm, St Bonaventure's Catholic Comprehensive School, Boken Road, E7. £3 admission - all funds go to charity CAFOD. Call 020 8472 3044.

MENTION THE MAG...

Giddy up to a free pony riding taster day at Aldenbrook Riding School, E12.

They are celebrating their 40th anniversary with a grand open day event with special guest Paralympic gold medalist Sophie Christensen.

There will be something for everyone, from pony rides to bouncy castles, face painting and more. **Mention the Newham Mag, and get 20 per cent off your first lesson if booked on the day.**

All are welcome at Aldenbrook Riding School, Empress Avenue, E12, on Sunday 21 April from 12noon-4pm. Refreshments will be available.

For more information call 020 8530 4646 or email www.aldenbrookriding.co.uk



TRY SOMETHING NEW... SUGAR GIRLS' EXHIBITION

Come along to the Sugar Girls' exhibition at Beckton Library running until 10 May.

The free exhibition showcases a selection of original photography, film and memorabilia from the Tate & Lyle and Trebor factories.

Head down to Beckton Library, 1 Kingsford Way, E6, from 12noon-1pm, on **Thursday 16 April, for a special event.** Melissa Crampton - author of *The Trebor Story* - will be leading a discussion about the women at the Trebor and Tate & Lyle factories during and after World War Two.

Visitors can write about personal experiences or share stories passed down by family members on a memory wall at the exhibition.

Refreshments will be available.

For more information email esajced@newham.gov.uk or call 020 7474 6376



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Entertainment every Mon 1pm, Theatre Royal, Stratford East, Garry Paffos Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers

Free music and story-building sessions for 2-5 years. Wed afternoons, Discover Story Centre 383-387 High Street, E15. Call 020 8538 5555. Mon mornings, The Hartley Centre 267 Barking Road, E6. Call 020 7540 6923.

Free entry to Discover Children's Story Centre when you attend.

Free music therapy sessions for 2-5 years. Thurs, 3-4pm at Shrewsbury

Children's Centre, Shrewsbury Road, E12. Call 020 3373 8050. Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12. Booking is essential. Call 020 3373 7227.

COMMUNITY LEARNING

Do it Online

Board computer sessions for all. All sessions take place at local libraries. You must book in advance.

Tues, 10am-12noon, Beckton. Tues 2-4pm, Plaistow. Wed, 2-4pm, Stratford. Thurs, 10am-12noon, Canning Town and Manor Park. Fri, 2-4pm, East Ham.

Knit & Natter

Knit group for adults, at local libraries. Fri, 10am-12noon, Canning Town. Wed 10am-12noon, Beckton.

Basic Numeracy (19+) 
Mon-Thurs, 10am-5pm and
Fri, 10am-1pm, Jack Cornwell
Community Centre, Jack
Cornwell Street, E12 Call
07943 667 612/
07507 173 272

Writing for Fun 
Sessions take place at local
libraries. Free fun week
creative writing course for 16+
at your local library. From Mon
22 Apr, 6-8pm, Stratford

UNDER-FIVES LIBRARY ACTIVITIES

Open to under-fives with their
parents/carers. All sessions
take place at local libraries

Toy Library

Tues and Thurs
10am-12noon, East Ham

Imaginative Play

Fri, 11am-12noon, East Ham

Storytelling

Mon, 11am-12noon, Fleetow,
Canning Town and Beckton Globe
Tues, 11am-12noon
Custom House
Tues and Fri, 11am-12noon,
Stratford
Weds, 2-3pm, East Ham
Thurs, 2-3pm, North Woolwich
Fri, 11am-12noon,
Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at
local libraries

Homework Club

For young people aged 7 to 14
School term only.
Resumes on 22 Apr
Mon, 4-6pm, Stratford and
East Ham

Mon, 3.30-5.30pm,
North Woolwich
Weds, 3.30-5.30pm,
Green Street and Manor Park
Thurs, 4-6pm, Custom House
and Fleetow
Fri, 3.30-5.30pm, Beckton
and Canning Town

ADULT LIBRARY ACTIVITIES



All sessions take place at
local libraries

Adult Reading Groups

Mon 15 Apr, 6.30-7.30pm,
Stratford

Over-50s Club

Thurs 10am-12noon,
Beckton Globe

GENERAL LIBRARY ACTIVITIES



Cheese Club

Learn and play chess for free
at your local library
Thurs, 6.50-7.30pm, Stratford

EXTRA ACTIVITIES



Royal Decks Learning & Activity Centre

Mon Employment Support
sessions by appointment only
Tues Begs, 10am-12noon
Healthy: Cooking Group,
10am-12noon
Over 50s Computer classes
11am-1pm
Weds Mother and Toddlers
group free, 9.30-11am
Coffee Morning, free, 9.30-11am
Learn to Bake - Employment
Support Drop-in, free
10am-2pm
Sewing Classes, 10am-12noon

Thurs Tea Ch, £2,
10.20am-12noon
Sessions take place at Royal
Decks Learning and Activity
Centre, Albert Road, North
Woolwich, E16
Call 020 7476 1666

LGBT Community Group

For over-50s. Snacks and
refreshments provided
Every third Tues of each month,
4-6pm Community Resource
Centre, 200 Chargeable Lane
E13 Call 020 7336 8665

Dirty Hands Project

Grow your own fruit and veg
Open to all. First Sat of each
month, 10am-2pm, Veldre
Grove, Joppaside Fleetow
Station, E12 Visit
www.dirtyhandsproject.org.uk or
email cityofhandproject@gmail.com
or call 07061 674 210

Table Top Sale

Sell your goods and keep your
profits £5 a table - open to all
Last Sat of every month, 9am-
2pm, Jack Cornwell Community
Centre, Jack Cornwell Street,
E12 Call 020 8553 3459
1st Sat of every month
10am-4pm Community
Resource Centre,
200 Chargeable Lane, E13
Call 020 3373 2211

BASKETBALL

Youngblood's Basketball

All sessions cost £1
Sat, 1-3pm
U12s mixed
East Ham Leisure Centre, E9
Mon, 6-8pm
U13/14s boys
St Angela's School, E7
Tues, 5.30-7.30pm,
Newham Leisure Centre, E13
Mon, 4.30-6pm
U14s girls
St Angela's School, E7
Tues, 5.30-7.30pm,
Newham Leisure Centre, E13
Tues, 6-8pm,
U15/16s boys
East Ham Leisure Centre, E9
Fri, 6-8pm,

St Angela's School, E7
Tues, 6-8.45pm
U17/18s boys
East Ham Leisure Centre, E9
Thurs, 7-9pm,
St Bonaventure's School, E7
Fri, 6-8pm
St Angela's School, E7
Call 07068 307 667

Newham All Star Sports Academy (NASSA)

All sessions take place at UEL,
Docklands Campus, University
Way, E16. Sessions are £7
unless otherwise stated
Visit www.nassasports.org.uk
Weds, 4.20-6pm, U15-14
6-8pm, U16-18
8-10pm, Senior Men
Thurs, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Women, E9
Fri, 4.20-6pm, U15-14
6-8pm, U16-18
8-10pm, Senior Men, E9
Sat, 10.20am-12.20pm, junior
boys and girls, 8-14, E9
Call 07703 509 995
or 07712 176 301

National League

Mon, 6-8pm, U13/14s,
Rokely School,
Barking Road, E16
Tues 6-8pm, U15/16s
Rokely School,
Barking Road, E16
Thurs, 4.30-6pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Prince Regent Lane, E13
6-8pm, U16s,
Newham Leisure Centre,
Prince Regent Lane, E13
8-10pm, U18s, Cumberland
School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm
Cumberland School
Oban Close, E13

Basketball Session

Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13

Senior Men/Women Programme

Mon, 7.30-9.30pm





Division 2 Women and Division 3M Men. Rickaby School, Canning Town. E16
Call 07947 401 616

3v3 Basketball League 🏀
Thurs, 8-7pm, 8-10s, Forest Gate Youth Centre, Woodford Road, E7
Fri, 7-6pm, 8-10s, Little Ford Youth Zone, Rickaby Road, E12

3v3 Basketball Competitions 🏀
2nd Sat of the month, 10am-1pm, U12s/U14s/U16s, Little Ford Youth Club, Rickaby Road, E12

Basketball & Multi Sports 🏀
Fri, 5-6.30pm, 8-10s, Snowsall MUGA, Snowsall Road, E12

FOOTBALL

Mayer's Football League 🏈
U10s, U12s, Mon, 4.30-6pm and U18s, U16s, 6-7pm
Newham Leisure Centre, Prince Regent Lane, E13

WMU Kickz 🏈
Mon, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s, 5-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s, 6-9pm
Priory Park MUGA, E8
Wed, 11-18s, 5-6pm
Priory Park MUGA, E8
Thurs, 11-18s, 4-7pm
Priory Park MUGA, E8
Fri, U14s, 4-5.30pm
Gals 7+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-18s, 5-8pm
Forest Gate Youth Centre, E7

London Youth Games 🏈
Mon, 4.30-6pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports 🏈
Mon, 5.30-7pm, 8-10s, Weds, 5-7pm, 8-10s, Stratford Park MUGA, West Ham Lane, E7s

5-a-side Football Competitions 🏈
Wed, 5-6.30pm, 8-10s, Ford Park, Ford Park Road, E16
Thurs, 5.30-7pm, 8-10s, Royal Victoria Gardens, Plar Road, E8
1st Sat of the month, 10am-1pm, U12s/U14s/U16s, Plashet Park, Plashet Grove, E8

Football & Multi-Sports 🏈
Sat, 2.3-3.30pm, 8-10s, Whitton Park Estate, Whitton School MUGA, East Ham Manor Way, E8

AIR Football (16+) 🏈
Tues, 7-8pm and Fri, 10am-12noon, 16+, Memorial Park, Memorial Avenue, E15
Fri, 3-5pm, Beckton Powerleague, E8
Web: www.airfootball.co.uk

Academy Football Academy 🏈
All seasons CS
School years reception to 11
10-11.30am
King George V Park
King George Avenue, E16
Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing 🥊
Wed, 7pm
West Ham AFC - community boxing, 11-18s
Olympic style amateur boxing sessions, Hathaway Community Centre, Hathaway Crescent, E12
Call 020 8430 2020
Mon, Wed, Fri, 5-6pm
West Ham Boys ABC 9+, boys and girls
The Black Lion, 55-61 High Street, E13
Call 020 8472 3514
Mon, Wed, 6-8pm
Peacock ABC 8+,

boys and girls
Caulton Street North, E16
Call 020 7511 3998
Mon, Wed, Fri, 6-7.45pm
Newham Boys ABC
6+ Boys only
Old Bath House, 141 Church Street, E15
Call 020 8510 5863
Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+) 🥊
Thurs, 8-9pm
Boxing fitness workout
Beckton Community Centre, East Ham Manor Way, E8
Fri, 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7
Email: galactica@newham.gov.uk

Shoun Karate 🥋
Wed, (during term time only)
4.30-5.30pm, Fri, 6-7pm and 7-8pm, Sun, 10-11am
Sessions for beginners
Newham Shoun Karate Club
Newham Leisure Centre, Prince Regent Lane, E13
Call 07508 070 638
Docklands Shoun Karate Club
Mon, 6.20-8.20pm, UEL Sports Dock, Docklands Campus, E16
Call 07517 126 637

Tang Soo Do 🥋
Sat, 1-2.30pm (juniors at least 15 minutes before start)
The Hub, 123 Star Lane, E16
Korean Martial Arts for 5+ to adults, £5 per session - family discount available
Tue, 7.30-8.30pm, Grassroots Memorial Park, Memorial Avenue, E15
Call 07725 948 426 or email: ace_rose@khalaf.com

Hip Hop and Punch (16+) 🥊
Mon, 5.30-6.30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 5625

Boxercise Bootcamp Class (16+) 🥊
Mon, 4-5pm and Wed, 6-7pm
90 Day Fatburner Programme

Indoor classes
Tues and Fri, 6-6.45pm
Brinsford Village Hall, 65 Beelye Road, E16
Outdoor classes
Mon and Thurs, 7.15-8am, East Ham Central Park, High Street South, E8
Children 7+ welcome with parent. Email: info@sataphysique.co.uk or call 07924 625 402

HEALTH AND FITNESS

BMX 🚲
Sun, 10am-12noon, 6-16s
C342 members/E10 annual membership
Gooseley Playing Fields, St Albans Avenue, E8
Call 07981 332 615/
020 3373 9000 or email: paul.telling@bmxnewham.org.uk

Indoor Rowers (16+) 🚣
Mon, 6-7pm, Sports Dock, 50p per session
University of East London, Docklands Campus, University Way, E16
Call 020 3373 9000 or email: paul.telling@bmxnewham.org.uk

Indoor Cricket 🏏
Wed, 6-8pm, 8-16s
Lester Community School, St Mary's Road, E13
Call 020 3373 9000 or email: paul.telling@bmxnewham.org.uk

East End Road Runners 🏃
Tues and Thurs, 7pm
Sun 8am, meet on the bank, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane, E13
Call 07959 281 847



Run England sessions

All sessions are £2 indicated otherwise

Sun 10am 12noon, Newham Leisure Centre, E13 (meet on the track)
Mon 4-5.30pm, Newham Leisure Centre, E13 (meet on the track)
5-6.45-6.50pm, Newham Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure Centre, E13 (meet on the track)
Wed: 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free, 5-15 6-15pm, UEL, Docklands Campus, E16 (meet at reception)
Sat, 10-11.30am, East Ham Central Park, E6 (meet at the oval)
10-11.30am, Westsüd Plate, E12 (meet at Harrow Road Charing Pavilion)
10-11.30am, Memorial Park, E15, E6 (meet at car park)
Call 07718 394 874

Cricket

Wed: 6-8pm, U18s, Lister Community School, St Mary's Road, E13, Call 020 3373 5054

Newham Swords (4+)

Tues, 6.30-8pm
Thurs, 6.20-8.20pm
Fri, 7.40-10.20pm
UEL SportsDock, Docklands Campus, E16
Call 07556 618 693

Newham Striders

Free scramble/jogging group, seven days a week
Call 020 8430 2000

Men's Health Football Fitness Sessions

Sat, 10-11am, West Ham United Community Training Facility, 60a Alibon Close, E6
Alibon Close, E6
Call 020 7473 7724

Family Fit Club

Sat 11am-12noon, West Ham United Community Training Facility, 60a Alibon Close, E6
Call 020 7473 7724

Zumba classes

Thurs, 7.30-8.30pm, St Nicholas Church Hall, Glading Road, E12, £5 per class
Call 07790 805 505

Sabaranda

Sat 12noon-3pm, For fathers, grandads, uncles and children aged 0-18
Chandos East Hub, 90 Chandos Road, E15
Call 020 8221 2137

Newham Young Britons A.S.C

Sat 6-15.7pm
Learn to swim and/or improve your strokes
Children's session, £25-5-15, Newham Leisure Centre, Prince Regent Lane, E13
Call 07985 304 518

Yoga Classes

Tues, 6-7 7-7.30pm and
Fri 10.30-11.30am,
£5.50 for full time workers or
£2.50/£4 for students and those in receipt of benefits
The Hub, 123 Star Lane, E16
Wed: 9.30-7.30pm
The Unitarian Church, West Ham Lane, E15
Call 07966 800 007 or visit
www.yogacore.co.uk

Woodside

Badminton Club

Fri 8-9.30pm, Intermediate and club standards players welcome
£5 regular £3 unwaged
Capetown Docklands Centre, 98 Gibbins Road, E15
Call 07558 791 676 / 07558 150 240

Table Tennis

Thurs, 6.30-7pm
For beginners and intermediate adult players
Stadford School, Upton Lane, E15 (Doris Road entrance)
For more info call
07576 577 718 or
07528 865 031 or email
grahy.hards108@btinternet.com

Qi Gong

Thurs 8pm
Suitable for adults of all abilities, £5 per session on the Docklands Community Boat moored near ExCel. Meet at the gates to Millennium Mill Mill Road, E16
Call 07530 610 275 or email
lee@highheavenstheaven.com

UnityZumba

Mon and Wed, 8-9pm
Harley Centre, 267 Barking Road, E6
Tues, 7.45-8.45pm and Thurs, 8-15-9.15pm, St Mark's Community Centre, 218 Tollgate Road, E6
Sun, 9.30-7.30pm
Classes are £5 each adults, children £3 (7+)
The Mill Centre, 49 Village Lane, E6
Call 07985 894 573

Engineers' Railtours

Mon, 10am-1.10pm, St Paul's Church Centre, Burgess Road, E6
£2.50 per session, Call
07761 359 463

Twisted Pink

Fri, 6-7pm
Street Dance sessions open to 7-21s, E6
Fri, 7-15-8.15pm Zumba classes (from 30 May) £5 including childcare, St Luke's Church, 89 Telling Road, E16
Call 07534 513 397 visit
www.twistedpink.org.uk or email
twistedpink@gmail.com

Zumba with Anabel (17+)

Wed: 7-8pm, £5 a session, Village Lane Community Centre, Gower Close, E15
Wed, 7.30-8.30pm, Beckton Community Centre, East Ham Manor Way, E6, Call 07500 808 995

Badminton at Little Mermaid School

Thurs, 7-8pm For all standards
£4 for a court and bring a racket
Blowing Rock, E12, Email
margie_paul@hotmail.com
or call 07944 117 263

FEMALE SPORTS

Fitness Classes (12+)

Tues 6-8pm
Zumba £5 and 8-9.30pm
Body Conditioning £3 The Hub, 123 Star Lane, E16 Email
hollywood@btinternet.com or
call 07620 455 523



Dance2Dance

Fri, 3.30-5.30pm
Street dance classes for girls, 12-18s, Newham Leisure Centre, Prince Regent Lane, E13, Call 020 3373 9000

Girls' Sporting Sessions

Mon and Wed: 4-4.30pm
11-18, Newham Leisure Centre, Prince Regent Lane, E13, Call 020 7511 4477

Female Only Gym Sessions

Tues and Thurs, 3.30-5pm
11-18s, Wed: 1.30-3pm, 18-25s, Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)

Mon: 4.15-5.15pm, Balsam Leisure Centre, Balsam Street, E13
Call 07970 783 526

Girls' Football

Tues, 3.30-5.30pm, 11-18s, Newham Leisure Centre, Prince Regent Lane, E13

Women United AFC (11+)

Mon 8am time only, 6-7.10pm, Kingsford School, £3 per session
Call 07759 639 070

Oct Back into Netball

Tues 6-7.30pm, juniors, 7-30pm, seniors, ORA Netball Club sessions, £2 per session, Lister Community School, St Mary's Road, E13
Call 07717 261 529

Body Blast (16+)

Mon 7-8pm, Wed: 12.30-1.30pm and Thurs 6-7pm
£5 per session, Talent Central, Unit 27a, 3 Armada Way



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Gallons Peach Shopping
Park, E8. Call 07868 812 810

Abs Blast

Thurs, 5.30-6.15pm, 73-106
Sessions cost £3. Newham
Leisure Centre, Prince Regent
Lane, E13

Just Play (16+)

Wed, 6.30-8pm,
Multi-sport session
Newham Sixth Form College
Prince Regent Lane E13. Call
020 3373 9000

Female Multi-Sports

Fri, 4.15-5.15pm Gears, Tennis,
Handball, Rounders, Football and
more. Little Lord Youth Zone,
Rockley Road, E12. Call 020
8558 6973 or email Female
MultiSports.org

Sheela's Yummy Mummy Juggly (16+)

Mon, 10.11.30am
£5 per session
East Ham Central Park, E5
(meet outside cafe in the park)
Fri, 10.11.30am. Plashed Park
Plashed Grove, E5
Call 07956 514 263 or email
spolenc@bt.com

Janice's Fitness (16+)

Tues, 9.30-10.30am
Sonic and Zumba fitness
sessions. £5 per session
St George and St Ethelbert
Church Hall, Burford Road, E5
Email info@janice.co.uk or
call 07818 000 643

Beeyond Dance Class

Wed, 5-7.30pm For ages
12-18. Katherine Road
Community Centre, 254
Katherine Road, E7
Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Multi-Sports

Wed and Fri evenings, 8-9pm
Flying Wheels club for young
wheelchair users 8-22. Rockley
School, Barking Road E16. Call
07868 085 250

Fri, 4.30-5.30pm. U15s
Newham Leisure Centre, E13
Tues, 10.30am-12noon. Disabled
Multi-Sports. Newham Leisure
Centre, E13. Call 020 7511 4477
Fri, 4.30-6pm. Newlife Pence
Rigant Lane, E13
Call 07511 571 082

Wheelchair Basketball

Wed, 4-5pm, 11.10
Rockley School, Barking Road
E16. Call 07547 401 616

Family Swims for Disabled Children and Adults

Sat, 4.45-5.30pm. Newham
Olympic Swimming Club, Newham
Leisure Centre, E13. For more
details call 07531 733 733
Sun, 12.30-2pm, Family Swim,
Baltim Leisure Centre, E13,
ES. Call 020 7476 5274

Trampoline Sessions

Fri, 5.15pm and Sat, 12noon
2pm. U15s. Newham Leisure
Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre, E5. £1.15 per
session. Call 020 8548 5550

Swim for Families dealing with Autism

Wed, 4-5pm. Baltim Leisure
Centre, E13. Call 020 7476 5274

Get fit for free

Tues, 1.30-3.30pm and Fri,
10am-12noon. Free use of the
gym for one year for people with
learning disabilities at Newham
Leisure Centre. To book an
induction call on 020 7511 4477

81 Football Club

Third Sun of every month
10am-12noon. East Ham
Leisure Centre, E5

Soft play and exercise to music

Sat, 2.30pm. Newham Leisure
Centre, E13. Call 020 7511 4477

Disabled Athletics

Tues, 4.15-6.15pm. 73-106
Brompton Manor, Romon
Road, E8
Thurs, 4.30-5.50pm,
St Angela's Unisive School,
1 Selor George's Road, E7
Email enquiries@
englandathletics.org

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E8, unless specified

Mon 15 Apr

7pm, Local Development
Committee. Council Chamber
Old Town Hall, Stratford, E15

Tues 16 Apr

10am, Licensing 2009
Add Sub-committee, Street
Committee Room, Old Town
Hall, Stratford, E15
7pm, Crime and Disorder
Scrutiny Commission
Committee Room 2. Newham
Town Hall, E8

7pm, Strategic Development
Committee, Council Chamber,
Old Town Hall, Stratford, E15

Thurs 18 Apr

5pm, Cabinet Council
Chamber. Newham Town
Hall, E8
5.05pm, Mayoral Proceedings
Council Chamber, Newham
Town Hall, E8
7pm, Newham Community
and Police Forum. Upper
Room. Newham Town Hall, E8
7.30pm, Governors Forum,
Council Chamber. Newham
Town Hall, E8

Tues 23 Apr

7pm, Governance and Scrutiny
Committee. Committee Room
1. Newham Town Hall, E8

Visit www.newham.gov.uk/committees
for updates

CONTACT THE MAYOR

Walk in surgeries

Tues 16 Apr 5pm,
Newham Town Hall, Barking
Road, E8 registration at
4.30pm

Telephone surgeries

Wed 24 Apr
You can telephone 020 3373
9444 between 9.30am and
10.30am and register your
query and contact details. The
Mayor will then ring you back at
a later time

LIBRARY CONTACTS

Deacons Globe

1 Kingston Way, E6

Canning Town

Barking Road, E16

Custom House

Prince Regent Lane, E18

East Ham

High Street South, E8

Green Street

337-347 Green Street

The Gate 4-20 Woodgrange

Road, Forest Gate, E7

Miner Park

Romford Road, E12

North Woolwich

5 Per Parade, E15

Plinlow North Street, E13

Stratford 3 The Grove, E15

Archives and Local Studies

(limited postal and email service
only) call: 020 3373 5551
email archives@newham.gov.uk
newham.gov.uk

Community Outreach

Servises. To find out more call
020 3373 0513

Hundreds of services

— one website. Visit
www.newham.gov.uk

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[www.facebook.com/
NewhamCouncil](http://www.facebook.com/NewhamCouncil)

Holiday during term
time is not an
excuse
you could
be fined £60

SCHOOL ATTENDANCE MATTERS

You can now be fined £60 by Newham Council for taking term-time holidays, for poor school attendance, or for a range of other school non-attendance reasons.

Find out more at: www.newham.gov.uk/attendance

As a parent/carer it is YOUR legal duty to ensure your child attends school every day on time.

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The Guardian
on Rikki Beadle-Blair's *Shame* (July 2011)

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of a sexual nature.



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